



STRONG, BRAVE AND CONFIDENT GIRLS GROUP

JOONDALUP AND WEMBLEY

The group is designed for 10-17 year old girls to be able to develop their resilience, confidence, self esteem and regulation skills in a fun, supportive and safe environment. There is a maximum of 5 girls in the group.

The group will cover four main topics:

1. "Staying Strong"

Building resilience as girls become teenagers. How to deal with problems that occur during high school. Establishing healthy relationships and identifying support circles.



2. "Feeling Good About Yourself"

Developing self esteem. Identifying and using strengths to gain confidence across all areas of life. Elevating confidence levels to feel safe and secure in who you are.



3. "Keeping Cool"

Understanding emotional regulation and how easily moods can change. Learning about and practicing individual strategies. Exploring individual sensory preferences.

4. "Staying Calm"

Learning how stress and anxiety impacts the body. Warning signs and strategies to support yourself and others. Brief exploration and practice of meditation and mindfulness.

